

### ***Amendments to the Claims***

The listing of claims will replace all prior versions, and listings of claims in the application.

1. (Canceled).
2. (Currently Amended) An exercise platform as recited in claim 4, wherein said hub ~~[[moves]]~~ is configured to move by flexing to enable said board to tilt in any direction.
3. (Currently Amended) An exercise platform as recited in claim 4, wherein said hub ~~[[moves]]~~ is configured to move laterally to enable said board to ~~[[tile]]~~ tilt in any direction.
4. (Currently Amended) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:
  - a stable base;
  - a board upon which the individual may exercise; and
  - an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, wherein said hub comprises ~~a two-part member~~ a flexible connector and a tilt adjuster movably coupled thereto, wherein said tilt adjuster is disposed about said flexible connector.

5. (Canceled)

6. (Currently Amended) An exercise platform as recited in claim ~~[[5]]~~ 4, wherein said tilt adjuster is configured to be selectively rotated about said flexible connector such that to adjust upon rotation of said tilt adjuster, the amount to which said board is able to tilt toward said base is adjusted.

7. (Currently Amended) An exercise platform as recited in claim 6, wherein said tilt adjuster is configured to selectively ~~adjusts~~ adjust the amount said board is able to tilt without raising said board ~~any component of the exercise platform~~.

8. (Currently Amended) An exercise platform as recited in claim 6, wherein said tilt adjuster is configured to be rotated ~~rotates~~ within a horizontal plane.

9. (Currently Amended) ~~An exercise platform as recited in claim 5~~ An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, wherein said hub comprises a flexible connector, wherein said flexible connector includes:

[[i)] a flexible material; and

[[~~(ii)~~]] a plate embedded in the flexible material, said plate having at least one post extending therefrom.

10. (Original) An exercise platform as recited in claim 6, wherein said flexible connector includes an upper abutment member and said adjuster includes a lower abutment member, and wherein said lower abutment member is aligned under said upper abutment member to limit the amount to which said board is able to tilt toward said base.

11. (Currently Amended) An exercise platform as recited in claim 10, wherein said tilt adjuster includes a plurality of lower abutment members, and wherein upon rotating said tilt adjuster about said flexible connector, a lower abutment member is aligned under said abutment member to limit the amount to which said board is able to tilt toward said base.

12. (Original) An exercise platform as recited in claim 11, wherein the amount to which said board is able to tilt toward said base when one of said lower abutment members is aligned under said upper abutment member is greater than the amount to which said board is able to tilt toward said base when another lower abutment member is aligned under said upper abutment member.

13. (Original) An exercise platform as recited in claim 10, wherein said tilt adjuster includes at least one handle to facilitate rotating said adjuster about said flexible connector.

14. (Original) An exercise platform as recited in claim 10, wherein said abutment member is aligned under at least one of said lower abutment members through the use of a detent mechanism.

15. (Currently Amended) An exercise platform as recited in claim 14, wherein said detent mechanism includes a protrusion located on said tilt adjuster and a socket located on said flexible connector, such that when said adjuster is rotated about said flexible connector, said protrusion mates with said socket.

16. (Original) An exercise platform as recited in claim 15, wherein when a first protrusion resides in said socket, said upper abutment member is aligned under a lower abutment member.

17. (Original) An exercise platform as recited in claim 15, wherein when a second protrusion resides in said socket, a second lower abutment member is aligned under said upper abutment member.

18. (Previously Presented) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction, and

further including a friction reducer that is interposed between said board and said hub to reduce the amount of friction between said board and said hub.

19. (Currently Amended) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; [[and]]

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is moveable to thereby enable said board to tilt in any direction [[,]]; and

~~further including a reinforcement~~ a reinforcing plate ~~for distributing any force that is applied to a center of said board~~, wherein said ~~reinforcement~~ reinforcing plate is coupled to [[said]] a center area of said board.

20. (Currently Amended) An exercise platform as recited in claim [[1]] 4, further including a non-slip material disposed [placed] on an upper surface of said board.

21. (Currently Amended) An exercise platform as recited in claim [[1]] 4, further comprising an exercise mechanism coupled to the platform to modify the dynamic nature of the platform.

22. (Original) An exercise platform as recited in claim 21, wherein said exercise mechanism comprises at least one handle coupled to the board.

23. (Original) An exercise platform as recited in claim 21, wherein said handle is stretchable.

24. (Original) An exercise platform as recited in claim 21, wherein a first end of said handle is configured to be held by an individual and a second end of said handle is selectively coupled to said board, such that use of said handle causes said board to tilt.

25. (Currently Amended) A wobbly apparatus upon which an individual may stand, the wobbly apparatus comprising:

a first support upon which the individual stands;

a second support configured to be [[that is]] placed on a stable surface;

a flexible connector interposed between said first support and said second support, wherein said connector is configured to allow[[s]] at least one of:

(i) the weight of the individual; and

(ii) the movement of the individual to cause said first support to move toward said second support; [[and]]

a tilt adjuster interposed between said first support and said second support to restrict the movement of said first support towards said second support; and

at least one handle made of a stretchable material and coupled to one of said first and second supports.

26. (Currently Amended) A wobbly apparatus as recited in claim 25, wherein said tilt adjuster comprises ~~is selectively adjustable to provide~~ a plurality of settings to selectively adjust for controlling the amount of said movement of said first support toward said second support.

27. (Currently Amended) A wobbly apparatus as recited in claim 26, wherein said tilt adjuster is configured to be selectively adjusted between said plurality of settings without vertically displacing any of said first support, said second support, said flexible connector or said tilt adjuster.

28. (Canceled)

29. (Currently Amended) A wobbly apparatus as recited in claim [[28]] 25, wherein said handle ~~is stretchable~~ is removably coupled to said first support.

30. (Currently Amended) A wobbly apparatus as recited in claim [[28]] 25, wherein a first end of said handle is held by the individual and a second end of said handle is removably coupled to one of said first and second supports.

31. (Currently Amended) A wobbly platform upon which an individual may stand, the wobbly platform comprising:

a board;

a base;

a flexible connector interposed between said board and said base, wherein said flexible connector is configured to allow[[s]] the weight of an individual to cause said board to tilt in any direction; and

a tilt adjuster [[placed]] disposed about said flexible connector and moveably coupled thereto [[to]] for restricting the amount which said board tilts.

32. (Currently Amended) A wobbly platform as recited in claim 31, wherein said tilt adjuster comprises ~~is selectively adjustable to provide~~ a plurality of settings to selectively adjust ~~for controlling~~ the amount ~~[[in]]~~ which said board may tilt.

33. (Currently Amended) A wobbly platform as recited in claim 31, further including at least one handle, wherein a first end of said handle is held by the individual and a second end of said handle is coupled to one of said board or said base.

34. (Original) A dynamic platform that provides an unstable surface for an individual, the dynamic platform comprising:

- a rigid board for supporting an individual;
- a stable base for supporting said board;
- a flexible hub for coupling said board to said base and allowing said board to tilt in any direction toward said base, wherein said hub comprises:
  - a flexible connector having a top abutment member set; and
  - an adjuster that includes one or more bottom abutment member sets, wherein one of said one or more bottom abutment member sets is selectively aligned with said top abutment member set to restrict the amount of tilt of said board.

35. (Currently Amended) A dynamic platform as recited in claim 34, wherein ~~a central position of said board remains unchanged while~~ one of said one or more abutment member sets is configured to be selectively aligned with said top abutment member set without changing a central position of said board.



36. (Original) A dynamic platform as recited in claim 34, further comprising one or more handles coupled to said board for modifying the unstable surface of the dynamic platform.

37. (Currently Amended) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise;

a hub, wherein a first end of said hub is coupled to said base and a second end of said hub is coupled to said board, said hub comprising a two-part member, and wherein said hub is flexible to thereby enable said board to tilt in any direction; and

a handle having a first end configured to be held by the individual and a second end coupled to the board, wherein said handle is stretchable and coupled to a peripheral portion of the board, such that the use of the handle increases the tilting of the board.

38. (Original) An exercise platform as recited in claim 37, wherein said hub is adjustable.

39. (Original) An exercise platform as recited in claim 37, wherein the handle is selectively coupled to the board.

40. (Canceled)

41. (Original) An exercise platform as recited in claim 37, further comprising a second handle selectively coupled to the board.

42. (Currently Amended) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise located a first distance from said base; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, said hub ~~[[being]] configured to be adjustable while the platform is in an assembled configuration without altering the first distance between said base and said board, such that said hub is conveniently adjustable by a user, and wherein said hub is moveable to thereby enable said board to tilt in any direction.~~

43. (Previously Presented) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, wherein said hub is movable to thereby enable said board to tilt in any direction, and wherein said hub comprises a rotatable tilt adjuster that is selectively rotated in order to adjust the amount to which said board is able to tilt toward said base.

44. (Previously Presented) An exercise platform that is dynamic in nature to provide an unstable surface upon which an individual may exercise, the exercise platform comprising:

a stable base;

a board upon which the individual may exercise; and

an adjustable hub, wherein a first end of said adjustable hub is coupled to said base and a second end of said adjustable hub is coupled to said board, and wherein said hub is movable to thereby enable said board to tilt in any direction, said hub having a handle configured to be grasped by a user and selectively moved such that movement of said handle adjusts said hub.